What is Wellness?
At Murray State University, the Wellness track within the area of Exercise Science is designed for students with an interest in cardiac rehabilitation, health promotion, personal training, strength and conditioning, and fitness assessment. The EXS program offers a variety of options that are designed to meet the varied interest of students. Students who are passionate about working with people interested in developing healthier lifestyles through a combination of educational programs and exercises should consider the Wellness track. Graduates may choose to work independently as a business owner or they may choose to work with other healthcare professionals in a variety of settings, including hospital wellness centers, cardiac rehabilitation facilities, corporate fitness programs, private industry and other wellness-related facilities. Graduates may also consider pursuing a graduate degree in related fields.

Why Here?
Students in the Exercise Science Program will develop critical thinking and problem-solving skills through didactic coursework, practice in the various laboratory and field sites, and internship placements. Graduates will possess knowledge of how exercise, nutrition, injury and illness affect the human body.

Contact us for more information
University Study Requirements........................................47 hrs

Oral and Written Communication
ENG 105 Critical Reading, Writing, and Inquiry
COM 161 Public Speaking

Scientific Inquiry, Methodologies and Quantitative Skills:
BIO 101 Biological Concepts (4) or BIO 221 Zoology: Animal Form and Function (4)
CHE 111 Essentials of Chemistry and Biochemistry (5) or CHE 201 General College Chemistry (5)
MAT 140 College Algebra (4) (or higher math)

World’s Historical, Literary, and Philosophical Traditions
CIV 201 World Civilization I or CIV 202 World Civilizations II
HUM 211 Western Humanities Tradition

Social and Self-Awareness and Responsible Citizenship:
PHI 202 Ethics
PSY 180 General Psychology

Global Awareness, Cultural Diversity, & the World’s Artistic Traditions
See advisor before choosing 3 hour elective.

University Study Electives-
CSC 125 Internet and Web Page Design or CSC 199 Introduction to Information Technology (See advisor before choosing.)
MAT 135 Introduction to Probability and Statistics (4)

Core Courses.................................................................50 (31 hours are 300+)
BIO 227 Human Anatomy (2) and
BIO 228 Human Anatomy Laboratory (2)
BIO 229 Human Physiology (3)
BIO 230 Human Physiology Laboratory (1)
EXS 100T Transitions (1)
EXS 101 Concepts and Careers in Exercise Science and Athletic Training (3)
EXS 275 Group Fitness Instruction (2)
EXS 295 Acute Care of the Physically Active (2)
EXS 301 Care and Prevention of Injuries (3) or
EXS 302 Essential Prevention and Management of Injuries
EXS 333 Theory and Techniques in Strength and Conditioning (3)
EXS 350 Exercise Physiology (3)
EXS 351 Exercise Physiology Lab (1)
EXS 353 Exercise Prescription (3)
EXS 354 Exercise Prescription Lab (1)
EXS 370 Kinesiology (3)
EXS 375 Biomechanics in Sport and Exercise (3)
EXS 385 Sport and Exercise Psychology (3)
EXS 415 Exercise Concepts in Special Populations (3)
EXS 469 Professional Experience I (3)
EXS 471 Administration in Exercise Science (2)
NTN 230 Nutrition (3)

Concentration Courses .................................28-29 hrs

Students must select courses from 2 of the concentrations below. At least 28-29 hours must be taken to meet the 120-hour requirement to obtain a bachelor’s degree. EXS 470 must be completed by all students in the Wellness Track and cannot be repeated for credit. A minimum of 12 hours from each concentration is required. Select courses carefully considering your career goals.

<table>
<thead>
<tr>
<th>Business</th>
<th>Health Promotion</th>
<th>Fitness Specialist</th>
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<tbody>
<tr>
<td>MKT 340 Principles of Marketing</td>
<td>EXS 356/HEA 356 Health Promotion and Programming</td>
<td>EXS 400 Research Design and Stats</td>
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<tr>
<td>MGT 370 Sports Business</td>
<td>HEA 311 Epidemiology</td>
<td>EXS 433 Advanced Strength and Conditioning</td>
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<tr>
<td>MGT 358 Entrepreneurial Business Plan Development</td>
<td>NTN 333 Nutrition Throughout the Life Cycle</td>
<td>EXS 465 Advanced Exercise Physiology</td>
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<td>LST 240 Legal Environment in Business</td>
<td>GCM 151/3 Intro. To Print Media Mgmt.</td>
<td>EXS 445 Senior Seminar I (HFS prep) (1)</td>
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<tr>
<td>EXS 470 Professional Experience II</td>
<td>YNL 502 Workshop in Financial Resource Development</td>
<td>EXS 446 Senior Seminar II (CSCS prep) (1)</td>
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<td>EXS 470 Professional Experience</td>
<td>EXS 470 Professional Experience</td>
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Total Curriculum Requirements.................................120 hrs

Total number of hours must be \( \geq 120 \) to earn a baccalaureate degree. Forty-two (42) hours must be earned in courses at the 300 level or above.

Students must earn a “C” or better in all EXS core and track-specific courses

A cumulative grade point average of 2.5 for students pursuing the Wellness track is required prior to enrollment in most senior-level courses.

Students must have a minimum 2.5 cumulative grade point average to graduate with an Exercise Science Wellness degree.

Refer to the MSU Undergraduate Bulletin for approved university studies electives.

Students are responsible for ensuring graduation requirements are satisfied.